



City of Los Angeles Department of Recreation and Parks

Roz Wyman Palms Park

2950 Overland Ave, Los Angeles, CA 90064

Palms.RecreationCenter@lacity.org 310.838.3838 or 310.202.4531



Registration
ongoing

YOGA WITH TRACY



Mindful Yoga is a gentle exercise class for adults ages 18 and up. This class draws on the rich movement traditions of Yoga and Tai Chi to improve balance, stability, and flexibility in all life stages.

Participants are encouraged to listen to their body and to move in rhythm with their breath.

WANT TO DONATE TO
PALMS PARK?
DONATE HERE!



Wednesdays
6:00 P.M. - 7:00 P.M.
\$36-48/month

A 15% administrative fee will be assessed by the City of Los Angeles Dept. of Recreation and Parks for any patron granted a refund. Full refunds will only be given if a program is cancelled by the center. There are no refunds or credits for missed days.

Rates are subject to change and programs are subject to cancellation. If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility (310.838.3838), or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business days' notice.

If a participant requires a one to one aide, requests will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide.